

THERE is no part of this country where there is so much rivalry in cooking certain dishes as in the South. There are as many ways of frying chicken and making corn bread as there are Southern States.

The South is full of good cooks, great cooks; but the Creole cooks of New Orleans lead them all. Nowhere can one get such chicken gumbo, such perfectly cooked crabs, such delicious prawns, such captivating dishes as can always be found in New Orleans.



To a Northerner fried chicken and corn bread are typical Southern dishes, and mean nothing more than fried chicken and corn bread. And yet there are so many different ways of cooking these two delicious foods in the South that they seem almost like different dishes in different sections.

Take, for example, fried chicken, Maryland style. It is cooked in the following manner: Select small young chickens, not weighing over a pound each. The chicken is cooked very soon after being killed, plucked and dressed. In the country it is not considered the thing to keep a chicken any time after it has been killed. In the cities of Maryland, where people buy their chickens in the markets, they are generally killed at least a day before cooking.

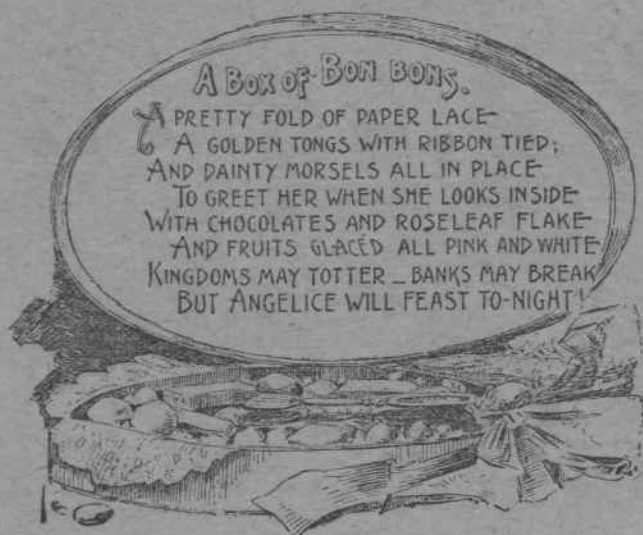
Cut the dressed chicken into four pieces. Then dry it on a cloth sprinkled with salt and lay on a plate while a batter is made by beating to a stiff froth two eggs, the yolks and whites beaten separately. If two chickens are to be fried it takes three eggs.

To the beaten yolks of the eggs add some milk, a gill to each egg. Stir this in well; then add enough sifted flour to make a stiff batter. Season with salt, and last of all add the beaten whites of the eggs, which must be thoroughly whipped in and blended with the batter.

Put enough lard in a deep frying pan to swim the pieces of chicken in when the lard is smoking hot. Dip the pieces of chicken in the frying pan and fry till a golden brown. Lift and drain the fat off and place them on a hot plat-

### HOW AND WHAT TO DRINK.

Avoid drinking large quantities. Gulping down pints of liquid will not quench the thirst any better than sipping slowly a twentieth part of the amount, and it may do much mischief to the stomach. It should be remembered that the sense of thirst is not in the stomach, but in the throat, and water sipped and swallowed slowly will be as effectual as anything in satisfying it. Mineral waters are pleasant and satisfying in the Summer, and it is well to drink them while staying away in the Summer, unless you are very sure of the water supply, which, in the country, is often inadequate. Too much aerated water should not be drunk; fruit juices are really more refreshing and wholesome.



ter. Surround them with corn fritters. Pour the lard out of the frying pan. Stand the pan back on the stove and pour in a pint of cream which has been thickened with a heaping teaspoonful of flour. Stir the cream constantly till it comes to a boil, and then pour it on the platter round the chicken and serve at once. Some cooks flavor the cream gravy with a pinch of powdered mace.

Another famous Maryland dish is the beat biscuit, or, as some call them, Maryland biscuits. In the old days the negro cooks used to hammer or beat the dough with the blunt side of a hatchet or with a carpenter's hammer, but the hammer beating day is past. The dough for beat biscuits is made by mixing the required amount of flour with enough cold water to make a paste just stiff enough to roll out. Season with salt. After the paste is mixed, flour a moulding board well and roll the paste over and over in the flour. Then roll the dough out thin. Fold it over by lapping the four corners of the paste and roll again and again. Repeat this process till the dough is light and filled with bubbles or air cells. Flour a baking pan and take a small round cutter and cut out the dough into biscuits. Stand them in a hot oven and bake till a golden brown. Serve hot.

Prepare the chicken as directed above. Dry each piece well on a cloth. Then roll each piece in flour which has been seasoned with salt and pepper. Take some very thick larding pork and slice it thin. Put the slices in a frying pan, and, over a hot fire, fry the fat out of the pork. When there is a half inch deep of fat in the pan put the chicken in and fry each piece till it is a rich brown; then turn it over and fry it on the other side. Put it on a hot platter and serve at once.

Corn bread is an indispensable accompaniment to fried chicken. Hashed cream potatoes also go with fried chicken.

The corn breads throughout the South are delicious, no matter whether they are made with eggs, milk and baking powder or are the plain mixture of meal, water and salt which form the hoe cake and corn dodgers. They are a revelation to the Northerner. First of all, the Southerners never use the yellow corn meal which is always used in the North. They use the white corn meal made from the Southern corn. It is ground by a different process from the meal of the North, and is far better. Then again no Southerner ever puts molasses or sugar in corn bread. The further South you go the less milk, eggs and baking powder are used in corn bread. Corn dodgers are made into little pats and baked either in the hot ashes or on a board in front of a hot fire.

Hoe cake is now baked in ovens. The dough is made by mixing the meal with enough water to make a stiff paste, and seasoning it with salt. Some cooks always use boiling hot water to mix the meal, while others use cold. The best corn bread I ever ate was made by Phoebe, a mulatto, who for a long time cooked in Chamberlin's, in Washington. This is the way she made it: Take three eggs and beat the whites and yolks separately to a stiff froth. With the yolks add a half teaspoonful of salt and a pint of milk, stirring them well. In the



baking pan put a well-rounded tablespoonful of butter and the same quantity of lard and stand the pan on the stove until the butter and lard are well melted. Then pour it into the dish with the milk and yolks of eggs. Next stir in enough meal to make rather a stiff batter. Then the beaten whites of the eggs are thoroughly stirred in. Last of all, two heaping teaspoonfuls of baking powder are added and whipped all through the mixture. Pour into the baking pan. Put into a hot oven and bake until it is a rich russet brown.

JULE DE RYTHUR.

### INFANTS' ILLS.

Infantile maladies are not compulsory. There is no law of nature that compels a baby to have thrush or take convulsions while teething, and after that to run the gamut of complaints from measles to scarlet fever. Disease can be avoided, but it rests wholly and solely with the mother. If she looks upon her offspring as nuisances or necessary evils, good-by health, and welcome to doctors and disease.

To prevent the burning of viands, keep a small pan of water in the oven, refilling as often as necessary. If the oven is very hot, fill with cold instead of hot water.

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